

Buffalo Soldiers Museum makes black history accessible to local students

By David Ruderman

104th Area Support Group Public Affairs

Marshall Dunston knows how to bring the past to life for children. Every February during Black History Month the volunteer curator and historian of the 9th and 10th Buffalo Soldier (Horse) Cavalry Museum on Hanau's Old Argonner Kaserne gets to exercise his abilities as area classes file through his domain to learn something about the little known heroes he knows so well.

"We went over the history a lot in class, and some of the children have been here before," said Christine Coates, a third-grade teacher at Argonner Elementary School, as she shepherded her 13 students through the museum and Dunston's lively history lesson Feb. 5. "Throughout the month we've been doing different things, starting with the Martin Luther King birthday."

Relating the Buffalo Soldiers' history with examples and comparisons his audience could readily understand, Dunston brought the hardship, struggle and valor of their times to life. The third-graders listened eagerly as he described the types of food and its method of preparation that defined the Buffalo Soldiers' daily reality. Describing a world without McDonald's and Burger King, without microwaves, computers, television shows, videos and radio, he stirred an animated conversation among his listeners, and got the wheels spinning inside their heads.

"These people were crazy," said one student. "They're not crazy. They're smarter than you," responded another.



Photos by Karl Weisel

Buffalo Museum curator Marshall Dunston describes the often harsh living conditions of soldiers who served with the 9th and 10th Cavalry on the western frontier including frequently surviving on very little in the way of nutritional fare.

"We wouldn't expect any of that so it wouldn't be so bad," said third-grader Hank Schedler.

Coates' students grew quiet considering the fate of the one known woman who disguised her identity to pass as a man among the Buffalo Soldiers. Kathy Greaves was only discovered to be a woman when she became ill and was examined by a doctor, said Dunston. She died shortly thereafter.

"Did they have chicken nuggets?" asked one student as the discussion continued.

"How about some nice goat milk," suggested Dunston. He went on to explain that some foods that American children take for granted, such as popcorn, potato chips and beef jerky, owe their creation to the American

Indian. "So it's not that new," said Dunston.

"Why did they eat that nasty stuff?" asked one girl.

"You eat nasty stuff today too," said Dunston.

"Did they have turkey?" asked another student.

"Yes, they had wild turkey, better than butterball," said Dunston.

The third-graders continued their questioning, then took time to examine the museum's newly renovated exhibits.

"I've been doing this since 2000. It's an annual tradition," said Dunston. "They all seem to be eager to learn.

Many of them seem to be well researched because they can look it up on the computer."

The museum is the showpiece of the European Chapter of the 9th and 10th Buffalo Soldier (Horse) Cavalry Association, said Dunston. It got its start in the mid-1990s in Frankfurt and has been located in Hanau since 1998. It is dedicated to honoring the heritage of the Buffalo Soldiers and educating today's soldiers and their children about these black heroes.

By act of Congress on June 28, 1866, the federal government authorized the creation of six regiments of black troops, each numbering about 1,000 men, two of cavalry and four of infantry. The 9th Cavalry was activated that year at Greenville, La., under the command of Col. Edward Hatch with the motto, "We Can, We Will." The 10th Cavalry was activated at Fort Leavenworth, Kan., under the command of Col. Benjamin Grierson with the motto, "Ready and Forward."

Until 1886 the Buffalo Soldiers engaged in battle against mostly Plains Indians, as the native Americans succumbed to the western expansion of the country and the federal government's overwhelming military resources. They guarded settlements and railroads, and fought over 170 battles with Indians.

Their chief adversaries, the Plains Indians, conferred the name Buffalo Soldiers on the black soldiers. The exact reference is no longer understood, but is thought to reflect the Indians' respect for the cavalry's strength and endurance, qualities admired in the buffalo itself.

Elements of the Buffalo Soldier regiments took part in

the Battle of San Juan Hill during the Spanish-American War, and the 10th Cavalry served in Gen. John J. Pershing's campaigns against Mexican Pancho Villa.

The 9th and 10th were consolidated into the 4th Cavalry Brigade under the command of Gen. Benjamin O. Davis Sr. in 1941 at Camp Funston, Kan. The Army's horse cavalry regiments were disbanded in 1944, and with them the 78-year-long history of the Buffalo Soldiers. The units were transformed to tank units and integrated during and after World War II, said Dunston. "So actually it never really faded out," he said.

After their brush with the past Coates' students returned to class where a storyteller was scheduled to address them later that day to reinforce the lessons learned. Dunston prepared with relish for the wave of classes heading his way over the next several weeks.

"That's my main attraction, the children," he said.



Christine Coates and her Argonner Elementary School third-graders examine paintings, photos and artifacts on display at the Buffalo Soldier Museum in Hanau.



Bulletin board

At the movies Feb. 18 to March 6

Baumholder, Wagon Wheel

Feb. 18 — I Spy (PG-13) 7 p.m.
Feb. 19-20 — Harry Potter And The Chamber Of Secrets (PG) 7 p.m.
Feb. 21-23 — Kangaroo Jack (PG) 7 p.m.
Feb. 24-25 — Eight Crazy Days (PG-13) 7 p.m.
Feb. 26-27 — Hot Chick (PG-13) 7 p.m.
Feb. 28 — Biker Boyz (PG-13) 7 p.m.
March 1-2 — Biker Boyz (PG-13) 7 p.m.
March 3-4 — Extreme Ops (PG-13) 7 p.m.
March 5-6 — Half Past Dead (PG-13) 7 p.m.

Büdingen, Little

Feb. 21 — Formula 51 (R) 7 p.m.
Feb. 22 — Harry Potter And The Chamber Of Secrets (PG) 3 p.m.
Feb. 28 — Punch-Drunk Love (R) 7 p.m.
March 1 — I Spy (PG-13) 3 p.m.

Dexheim, Rhein

Feb. 21 — The Emperor's Club (PG-13) 7 p.m.
Feb. 22 — Biker Boy (PG-13) 7 p.m.
Feb. 23 — Treasure Planet (PG) 3 p.m.
Feb. 28 — The Recruit (PG-13) 7 p.m.
March 1 — Hot Chick (PG-13) 7 p.m.
March 2 — Adam Sandler's Eight Crazy Nights (PG-13) 3 p.m.

Friedberg, Old Ironsides

Closed for renovations

Giessen, Skyline

Feb. 18-19 — Narc (R) 7 p.m.
Feb. 21 — Die Another Day (PG-13) 7 p.m.
Feb. 22 — Treasure Planet (PG) 7 p.m.
Feb. 23 — Analyze That (R) 7 p.m.
Feb. 25-26 — Just Married (PG-13) 7 p.m.
Feb. 28 — Solaris (PG-13) 7 p.m.
March 1 — Hot Chick (PG-13) 7 p.m.
March 2 — Adam Sandler's Eight Crazy Nights (PG-13) 7 p.m.
March 4-5 — Kangaroo Jack (PG) 7 p.m.

Hanau, Evening Star

Feb. 18 — The Emperor's Club (PG-13) 7 p.m.
Feb. 19 — The Truth About Charlie (PG-13) 7 p.m.
Feb. 20 — Extreme Ops (PG-13) 7 p.m.
Feb. 21 — Shanghai Knights (PG-13) 7 p.m. Die Another Day (PG-13) 9:30 p.m.
Feb. 22 — Treasure Planet (PG) 4 p.m. Shanghai Knights (PG-13) 7 p.m. Analyze That (R) 9:30 p.m.



Jackie Chan shows Fann Wong some martial arts moves in "Shanghai Knights."

Feb. 23 — Treasure Planet (PG) 4 p.m. Shanghai Knights (PG-13) 7 p.m.
Feb. 24 — Die Another Day (PG-13) 7 p.m.
Feb. 25 — Treasure Planet (PG) 7 p.m.
Feb. 26 — Die Another Day (PG-13) 7 p.m.
Feb. 27 — Analyze That (R) 7 p.m.
Feb. 28 — Daredevil (PG-13) 7 p.m. Hot Chick (PG-13) 9:30 p.m.
March 1 — Daredevil (PG-13) 7 p.m. Adam Sandler's Eight Crazy Nights (PG-13) 9:30 p.m.
March 2 — Daredevil (PG-13) 7 p.m.
March 3 — Hot Chick (PG-13) 7 p.m.
March 4 — Adam Sandler's Eight Crazy Nights (PG-13) 7 p.m.
March 5 — Hot Chick (PG-13) 7 p.m.
March 6 — Adam Sandler's Eight Crazy Nights (PG-13) 7 p.m.

Rhein Main, Gardens

Feb. 19 — The Recruit (PG-13) 7 p.m.
Feb. 21 — Kangaroo Jack (PG) 7 p.m.
Feb. 22 — Treasure Planet (PG) 5 p.m. Analyze That (R) 7:30 p.m.
Feb. 23 — Die Another Day (PG-13) 7 p.m.
Feb. 26 — Shanghai Knights (PG-13) 7 p.m.
Feb. 28 — Biker Boyz (PG-13) 7 p.m.
March 1 — Solaris (PG-13) 5 p.m. Hot Chick (PG-13) 7:30 p.m.
March 2 — Adam Sandler's Eight Crazy Nights (PG-13) 7 p.m.
March 5 — Daredevil (PG-13) 7 p.m.

Wackernheim, McCully

Feb. 19 — To be announced locally 7 p.m.
Feb. 26 — To be announced locally 7 p.m.
March 5 — To be announced locally 7 p.m.

Wiesbaden, Flyers

Feb. 20 — The Recruit (PG-13) 7 p.m.
Feb. 21 — Die Another Day (PG-13) 7 p.m.
Feb. 22 — Treasure Planet (PG) 7 p.m.
Feb. 27 — Shanghai Knights (PG-13) 7 p.m.
Feb. 28 — Hot Chick (PG-13) 7 p.m.
March 1 — Adam Sandler's Eight Crazy Nights (PG-13) 7 p.m.
March 6 — Daredevil (PG-13) 7 p.m.

Wiesbaden, Taunus

Feb. 18 — The Truth About Charlie (PG-13) 7 p.m.
Feb. 19 — Extreme Ops (PG-13) 7 p.m.
Feb. 20 — The Truth About Charlie (PG-13) 7 p.m.
Feb. 21 — Treasure Planet (PG) 7 p.m. The Recruit (PG-13) 9:30 p.m.
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March 5 — Hot Chick (PG-13) 7 p.m.
March 6 — Adam Sandler's Eight Crazy Nights (PG-13) 7 p.m.

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address below).

Movie plots

Daredevil (PG-13) — Although attorney Matt Murdock (Ben Affleck) is blind, his other four senses function with superhuman sharpness. By day Murdock represents the downtrodden. At night he is Daredevil, a masked vigilante stalking the dark streets of the city, a relentless avenger of justice. The film is based on the Marvel Comics character created by Stan Lee and Bill Everett in 1964. Jennifer Garner, Michael Clarke Duncan and Joe Pantoliano also star.

Hot Chick (PG-13) — Jessica Spencer is convinced she has the perfect life. She's the most popular girl in school, captain of the cheerleading squad and dating the quarterback. But she gets a dose of reality when she wakes up in the body of a 30-year-old man (Rob Schneider). She quickly discovers that trading on your looks isn't so easy when you're a girl who constantly needs a shave.

Shanghai Knights (PG-13) — Jackie Chan and Owen Wilson are back in this comic sequel. This time rather than the Wild Wild West, the martial arts action is set in London.

The Recruit (PG-13) — Al Pacino and Colin Farrell star in this explosive thriller about the CIA — how trainees are recruited, how they are prepared for the spy game and what they learn to survive. As the suspense builds toward a gripping climax, it soon becomes clear the CIA's old maxims are true — "trust no one" and "nothing is what it seems."

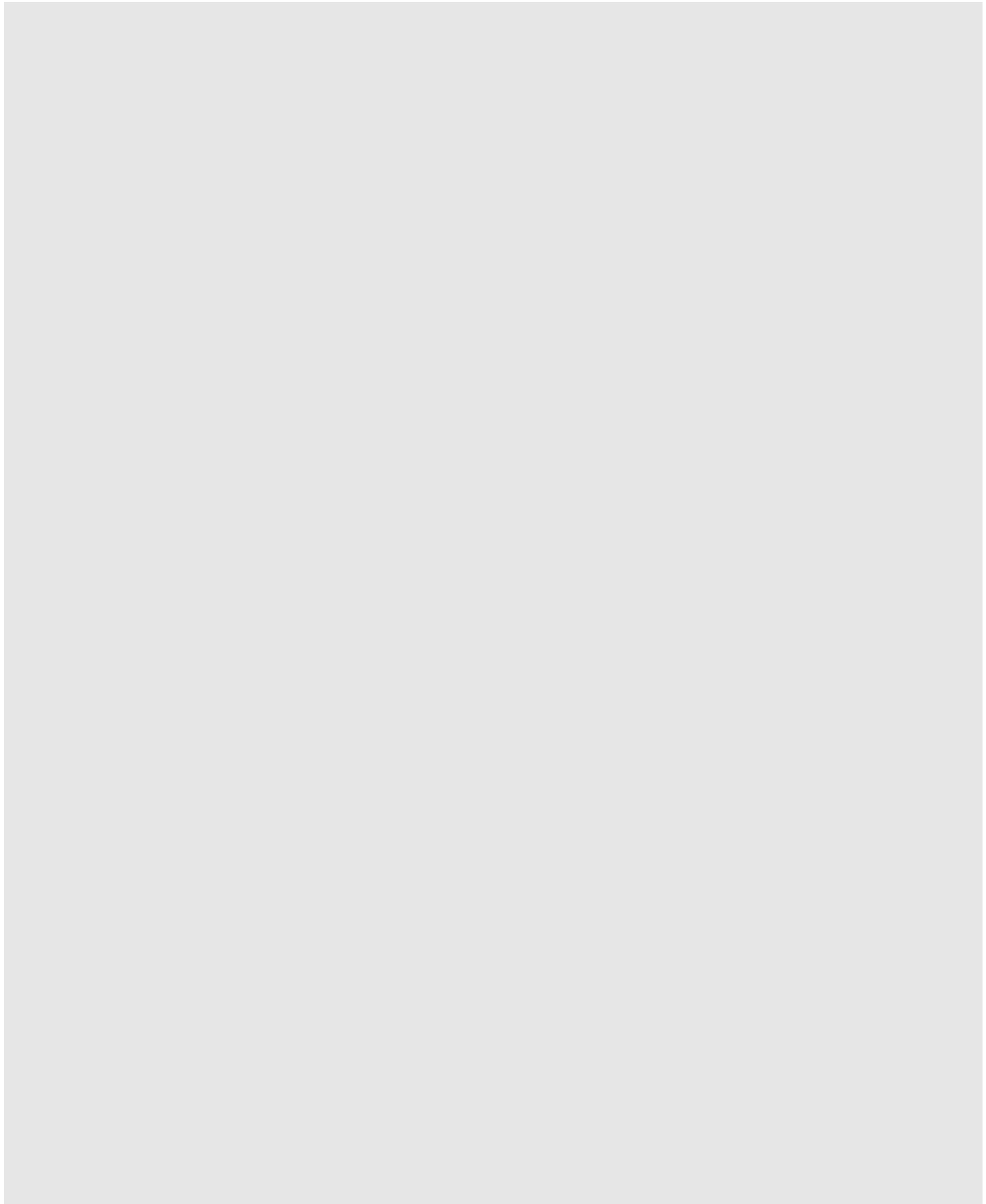
Treasure Planet (PG) — Robert Louis Stevenson's classic novel, "Treasure Island," is given a new spin in Walt Disney's animated feature. In this version 15-year-old Jim Hawkins joins the crew of an intergalactic expedition as cabin boy. Befriended by the ship's cook, a charismatic cyborg (part man, part machine) named John Silver, Jim helps battle supernovas, black holes and ferocious space storms.

Adam Sandler's Eight Crazy Nights (PG-13) — Adam Sandler gives voice to several different characters in this animated film about a young man who hates the holidays. The protagonist is determined that no one else in the town of Dukesberry will enjoy Hanukkah either.

Die Another Day (PG-13) — The latest James Bond thriller starts with a spectacular Hovercraft chase through a deadly minefield in the zone separating North and South Korea — and the action doesn't let up until the credits roll. From Hong Kong to London, James Bond (Pierce Brosnan) circles the globe in his quest to unmask a traitor and prevent a war of catastrophic proportions. On his way he crosses paths with Jinx (Halle Berry) and Miranda Frost (Rosamund Pike), women who play vital roles in his adventure.

Biker Boyz (PG-13) — In the world of underground motorcycle clubs, the undefeated racer known as Smoke (Laurence Fishburne) is the undisputed "King of Cali." But Smoke's dominance is threatened by young motorcycle racing prodigy Kid (Derek Luke), who is determined to win Smoke's helmet and the coveted title. Also stars Orlando Jones, Lisa Bonet and Kid Rock.

Herald Union classifieds



Focusing on students at Hainerberg

By David Ruderman

104th Area Support Group Public Affairs Office

Managing growth in uncertain times is just one of those challenges Hainerberg Elementary School administrators take in stride, said principal Mark Benham.

"We've grown from about 500 students two years ago," said Benham, who took over the reins in August. He is presently responsible for about 850 students. He added two additional teachers to the staff this year and expected another seven or eight to come on board next year. "When they come in we'll be at full capacity," he said.

"One plus is that we are programmed to build an additional four classrooms to handle our full-time kindergarten. When you get more kids, it's a little bit of a strain on the facilities." The expansion will enable the school to meet its mandate of lowering pupil-to-teacher ratios to 18:1 in first through third grades. It currently stands at about 23:1, he said.

The Department of Defense Education Activity provided the funding for the expansion. "They will be spacious, larger than a regular classroom," said Benham, pointing out that new classes will have about 1,300 rather than 900 square feet of space. They will be immediately adjacent to a secure, fenced off playground area.

Hainerberg is moving toward the concept of activity centers in the first- through third-grade classrooms, said Benham. Rather than have students ranked in rows of desks, the concept allows for a variety of simultaneous learning activities to take place while teachers and aides move from group to group. Smaller class sizes will facilitate the change, he said.

"It's something everyone will benefit from. The kids will get more one-on-one, more personal attention from the teacher. That translates into kids doing better, progressing more rapidly. And that allows us to initiate our early childhood curriculum," he said.

Along with the upside Hainerberg must balance its needs with budget constraints and unknown factors that may affect its future. "You want more, larger, nicer," said Benham, "but we have to be skilled at scheduling and balancing."

Recently announced budget reductions are part of the equation. "Like everybody else we've got about 31 percent less," said Benham. "We're spending money on those things we have to have. Textbooks for instance come first. Some of the frills, we're just not going to have this year. We're spending the money as wisely as we can."

There's also the question what impact world events could have on the Army and Hainerberg's students. For instance, the 205th Military Intelligence Brigade is the school's support unit, but its activities in the school are dormant for now. "Many of those people are deployed, so we're not very active right now," said Benham.

"If we start seeing deployments, and we may, it'll affect kids. We've discussed the issues and our crisis management team is ready to address them," he said. "We've had some movement... there are cases of soldiers who've left their kids here in Wiesbaden with a sister or an uncle and gone to deploy. Those kids are going to school here."

Families of deployed soldiers, especially those with school-



Photo by David Ruderman

Hainerberg fifth-graders Brian Pastrana (left to right), Lance Stenfeldt, Ashley George and Taurai Moore bag winter coats for children in the United States as part of Project Cozy.

age children, should think twice before deciding to leave the community where children benefit from support networks, an established routine and a feeling of home. "This is as good or better than going stateside," he said.

Volunteer parent participation in the school is excellent, and the Parent Teacher Organization raises considerable amounts of money to fund fun activities for the students, he said. "That's the backbone of helping us get

to kids one on one. You get around to the kids even more than before."

Regardless of future developments, educating Hainerberg's children will remain the school's paramount focus, said Benham. The School Improvement Plan is dedicated to teaching children to understand and interpret information. "They should be able to look at information and decide what it means," said Benham. "One avenue for us is to look at graphic organizers. The kids should be able to predict, interpret and write their own data. That's the proof

of the pudding, that they get the essence of the information."

Teachers are presently preparing third-graders and older students to take the standardized Terra Nova tests beginning the second week of March. Benham said he thought standardized testing is beneficial to students "because they're familiar with it. Our kids are prepared and know what it's all about. The teachers have worked up to it, and it reflects in the grades. Our kids do better than the national standard back in the States."

Beyond standardized testing education takes many forms at Hainerberg. Fifth-graders in Mary Fielding's compensatory education program, for instance, have been working on Project Cozy, a service project that also strengthens their communication skills.

"It's basically a group of kids that need real life experience to grow in their language arts — reading, writing, speaking and listening. We're expanding these skills with a project that demands they use those skills," said reading specialist Christine Kroseman.

The students gathered "gently used" overcoats for deprived children in America. The project is organized through the Hainerberg branch of Kids Care Clubs, and the corporate sponsor, Land's End, provides collection bags, pays for the postage and handles the distribution of the clothing in the States.

The fifth-graders wrote promotional material, made announcements over the public address system, composed correspondence with the sponsor, the PTO and other involved parties, and wrote reports for the Kids Care Club as well as thank you notes to donors. For many it was a major step forward in playing a visible role in the school's society.

"It's for poor kids in the United States," said Lance Stenfeldt.

"Kids who are cold and need coats — it's going to be for everybody who needs them," said Sierra Boggess.

"It can be any size," said Taurai Moore.

The project also promotes values of compassion and volunteerism, said Kroseman. "We want them to have empathy for other people. And it provides experience where they can see growth in themselves."

"They're branching out from themselves to where they can see other people's needs," said reading specialist Connie Smith. "They're learning to do things because it makes you feel good. It builds up their strengths, so when multiple things need to get done they can choose what they're going to do. They construct their own strengths."

The program was organized late last year and got off the ground in January. Anyone who would like to contribute can drop off appropriate garments through the end of February. Kids Club participants have also created welcome bags for new students. "They thought kids should know upfront about what's expected of them, so they wouldn't get into trouble," said Kroseman.

School bits

Helping out at Smith

The Smith Elementary School Student Council and Parent Teacher Organization seek volunteers to set up the school book fair in March and the school carnival in May. Call the school to get involved. School Advisory Committee elections are coming

up in March. Call Ms. Hargrove or Mr. Stirling by March 1 at mil 485-7589 to participate.

New schools officer

Tina Sandell is the 284th Base Support Battalion schools liaison officer. She can be reached at civ (0641) 402-7047.

Drama Fest coming up

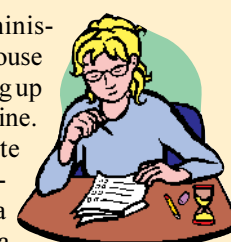
The 2003 Department of Defense Dependents Schools All-Europe Drama Festival will be held at Gen. H.H. Arnold High School

in Wiesbaden April 28-30. Volunteer host families and performance evaluators are presently being sought. Call the school at mil 337-6319 or Kim Bagwell at civ (0611) 1748 474 for details. Evaluators with theatrical experience are sought as well to serve as judges. Call the school at mil 337-6319 or Jan Meyers at civ (06127) 993 761 for details.

Scholarships available

The 2003 Scholarships for Military Chil-

dren program administered by the Fisher House Foundation is coming up on its Feb. 21 deadline. Applicants compete for \$1,500 scholarships based on a short essay. Information and applications may be picked up at any commissary service office or on the web at www.commissaries.com.



Sports and leisure

Take a hike

By Donald Seltzer
Special to the Herald Union

Full listings of volksmarch events in the 104th Area Support Group may be found on the web at www.104thasg.hanau.army.mil.

Readers are asked, whenever possible, to pick up an extra set of event brochures for this column and mail them via MPS to 104th ASG, Herald Union Volksmarch, Unit 20193 Box 0001, APO AE 09165-0001.



Weekend of Feb. 22-23

Bad Sobernheim — This walk is west of Bad Kreuznach, not far from last week's event at Weierbach. Take Autobahn A-60 to Bingen and continue on B-41 through Bad Kreuznach. Note that some maps indicate Bad Sobernheim as "Sobernheim."

Start: Leinenbornhalle **Saturday and Sunday:** 8 a.m. to 1 p.m. (6, 10 and 17 km) **Trail:** Hills and fields **Award:** Stuffed toy animal.

Rothenburg ob der Tauber — This walk lets hikers explore the medieval, walled city of Rothenburg. The Saturday-only old town walk includes a mini-tour of its many sights and shops. Wanderers can enjoy a 25 percent discount on admission to a number of museums and attractions by showing their IVV start cards. Take Autobahns 5, 6 and 7 past Heidelberg, Heilbronn and Crailsheim to reach Rothenburg. Alternately, take Autobahns 3 and 7 via Würzburg and Kitzingen. This event is insanely popular with volksmarchers, but parking is plentiful.

Start: Sporthalle on Erlbacher Strasse **Saturday:** 7 a.m. to noon (6, 11 and 20 km outside of city) and noon to 5 p.m. (11 km old-city trail) **Sunday:** 7 a.m. to 2 p.m. (6 and 11 km) and 7 a.m. to 1 p.m. (20 km) **Trails:** Old city routes are paved with some steps; trails in the surrounding area are hilly and wooded **Award:** Beer mug.

Villmar — This event is due east of Limburg in the scenic Naturpark Hochaunus. Take Autobahn 3 toward Köln and exit at Limburg-Süd. Follow B-8 toward Lindenhofshausen to Niederbrechen, where an unnumbered road will lead to Villmar.

Start: Schule **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, woods **Award:** Teapot-shaped windlicht.

Weekend of March 1-2

Ludwigshafen am Rhein — Despite the drive volksmarchers will find this an enjoyable, easily reached walk. Trails bring participants to the banks of the Rhein River. A marathon trail commemorates the club's 20th anniversary. From the central portion of the 104th ASG take Autobahn 67 south to the Viernheimer Dreieck. Take Autobahn 6 toward

Ludwigshafen, exit at Ludwigshafen-Nord and follow IVV signs to the start. From Mainz head south on Autobahn 61 to pick up Autobahn 6 eastbound and, as above, exit at Ludwigshafen-Nord.

Start: Gemeinschaftshaus in the Ludwigshafen suburb of Pfingstweide **Saturday and Sunday:** 6:30 a.m. to 1 p.m. (5, 10 and 20 km) and 6:30-9 a.m. (42 km) **Trails:** Flat, mostly stroller-friendly fields and riverbank trails **Award:** Easter rabbit figurine or marathon patch and certificate.

Rhaunen — This walk is in the Hunsrück region west of Bingen, an area well known for its scenic beauty and year-round series of walking trails. A marathon is offered for those who seek a challenge. Take Autobahns 60 and 61 toward Bingen and Koblenz. Exit at Rheinböllen and follow B-50 and B-421 to Kirchberg, then continue through Dickenschied, Rohrbach and Woppenroth to reach Rhaunen on an unnumbered road. From Idar-Oberstein follow B-41 and B-421 to reach an unnumbered road leading to Schlierschied, Woppenroth and Rhaunen.

Start: Idarwald-Halle **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) and 7-9 a.m. (42 km) **Trails:** Hilly, mostly wood **Award:** Patch (shorter routes) or patch and certificate (marathon).

Tiefenbach/Braunfels — This town is on the northern edge of Naturpark Hochaunus in an area with many scenic tourist sites. Don't confuse it with another of the same name in the Hunsrück region. From Giessen take B-49 west toward Limburg and follow an unnumbered road just past Bahnhof Braunfels to reach the start. From elsewhere take Autobahn 3, exit at Limburg-Nord and take B-49 toward Giessen. Turn off B-49 just past Biskirchen to reach Tiefenbach.

Start: Mehrzweckhalle **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Very hilly, woods **Award:** Stuffed toy tiger.

Weekend of March 8-9

Eppertshausen — Here's one for readers in Hanau that offers participants a quiet walk through woods surrounding the long-gone Münster Depot. This walk has always been popular with Americans because of the sponsoring club's friendliness. From Darmstadt, Babenhausen or Aschaffenburg take B-26 and B-45 toward Hanau and exit at Eppertshausen or Rödermark/Ober-Roden to follow IVV signs to the start. From Hanau take B-45 toward Dieburg and continue as above. From Wiesbaden use Autobahns 66 and 3 past the Frankfurt airport to the Hanau exit and follow B-45 south to exit at Eppertshausen.

Start: Mehrzweckhalle **Saturday and Sunday:** 7 a.m. to 1 p.m. (6, 10 and 20 km) **Trails:** Flat, stroller-friendly woods **Award:** From previous events.

Simmern/Hunsrück — This walk is in one of Germany's prettiest areas, the Hunsrück region west of Bingen. Reach the start via Autobahns 60 and 61. Take the Rheinböllen exit to pick up B-50 toward Kirchberg and Simmern. An unnumbered road leads the final mile or so to Simmern. From Idar-Oberstein use B-41, B-421 and B-50 to reach the start.

Start: Rottmannschule **Saturday:** 7 a.m. to 3 p.m. (5 and 10 km) and 7 a.m. to 2 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trails:** Hilly, woods and fields **Award:** Stuffed toy seal.

Weekend of March 15-16

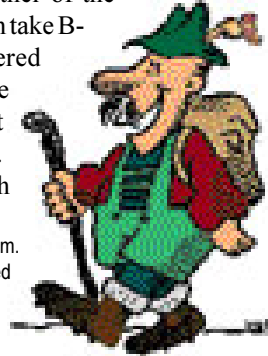
Frankfurt/Main-Bergen-Enkheim — This event offers trails for different abilities and is easy to reach. Parking plus Saturday shop-

ping are available at the neighboring Hessen Center mall. What more could you ask for? The start hall is at Borsigallee 40 in Enkheim, across the street from the shopping center and streetcar stop. From Aschaffenburg and Hanau following A-66 to its western end leads directly to the shopping center. From elsewhere take Autobahns 3 and 661 (northbound), follow directional signs to Bergen-Enkheim and look for small, white IVV signs leading to the start.

Start: Volkshaus Enkheim **Saturday:** 7 a.m. to 3 p.m. (5 and 10 km), 7 a.m. to 1 p.m. (20 km) and 7-11 a.m. (30 km) **Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) and 7-11 a.m. (30 km) **Trails:** Shorter trails are slightly hilly and stroller-friendly for the large-wheeled variety, longer trails are hillier; woods, fields and some city streets **Award:** Stuffed toy bear.

Grolsheim — Grolsheim is just south of Bingen and easily reached by Autobahn. Use Autobahn 60 to pick up B-50 at Bingen, head south toward Bad Kreuznach and follow IVV signs to the start. From Wiesbaden and Mainz take the St. Goar exit of A-60 to pick up B-9, then the Gensingen exit to connect with B-50.

Start: Dorfgemeinschaftshaus **Saturday and Sunday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to noon (20 km) **Trails:** Shorter trails are mostly flat, 20 km is hilly; fields, neighborhoods and woods **Award:** Ceramic rabbit figurine.



Wolfstein — This event is near Baumholder and Idar-Oberstein, but requires following back roads to reach the start. It's a scenic walk that's worth the effort. From Baumholder, use the unnumbered road along the training area's border toward Erzweiler, Niederalben and Rathswieler to connect with B-420. Continue to Lauterecken and pick up B-270 south toward Kaiserslautern and Wolfstein. From Idar-Oberstein take B-41 to B-270 toward Lauterecken and the start at

Wolfstein. **Start:** Haus Stadtmühle **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Expected to be hilly, fields and woods **Award:** From previous events.

Weekend of March 22-23

Kirn-Sulzbach — This scenic walk is just down the road from Idar-Oberstein. A Saturday-only marathon is offered. From Idar-Oberstein use B-41 toward Bad Kreuznach to reach Kirn-Sulzbach; from Wiesbaden use Autobahn A-60 to Bad Kreuznach and continue west on B-41.

Start: Gasthaus Collet **Saturday:** 7 a.m. to 4 p.m. (6 and 10 km), 7 a.m. to 2 p.m. (20 km) and 6:30-9 a.m. (42 km) **Sunday:** 7 a.m. to 1 p.m. (6, 10 and 20 km) **Trail:** Hilly, fields and woods **Award:** Beer mug or marathon patch and certificate.

Oberzeuzheim — This event is north of Limburg and just a scenic drive to the west from Giessen. Use B-49 to Niedertiefenbach and B-54 a short four kilometers to Oberzeuzheim. From elsewhere in the 104th ASG take Autobahn 3 to the Limburg-Nord exit and continue on to the start using B-54/49.

Start: Mehrzweckhalle **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (6 and 11 km) and 7:30 a.m. to 1 p.m. (20 km) **Trail:** Hilly, woods **Award:** Salt-crystal tealicht.

Mömbris-Strötzbach — This one-day event is midway between Hanau and Aschaffenburg. From Hanau use Autobahn 45 south and exit at Alzenau. Continue on an unnumbered road through Alzenau and Michelbach to Mömbris. From points west use Autobahn 3 to Seligenstädter Dreieck (exit 56), A-45 north to the Alzenau exit and follow the unnumbered road through Alzenau.

Start: Ivo-Zeiger-Haus **Sunday:** 7 a.m. to 1 p.m. (6 and 11 km) **Trail:** Expect hilly and wooded trails **Award:** Figurine.

Wednesday, March 26

St. Julian-Gumbsweiler — Reading this in Baumholder? Then enjoy a relaxing midweek volksmarch with this event's late starting times, variety of trails and just-down-the-road location. Follow an unnumbered road along the border of the training area to reach B-420, then briefly head east to the start at Gumbsweiler.

Start: Dorfgemeinschaftshaus **Wednesday:** 7 a.m. to 6 p.m. (5 and 10 km) and 7 a.m. to 4 p.m. (20 km) **Trail:** Hilly, woods **Award:** Small pewter wine cup.

Questions? Email the Volksmarch writer at volksmarch@hotmail.com.



Photo by Karl Weisel

Family members spend a relaxing afternoon hiking through the late winter countryside.

Fleet-footed friends

Team of soldier, civilian coworkers shares good times, local race victories in the 'Laufen Crew'

By Karl Weisel

104th Area Support Group Public Affairs Office

They call themselves the Laufen Crew and are a force to be reckoned with.

What started out as a loose association of Hanau soldiers and civilian coworkers encouraging one another to stay in shape has developed into a tightly knit band of five runners who have played a dominant role in local races and made their presence known at international events far and wide.

On Feb. 1 the Laufen Crew traveled to Giessen to lead the pack at the five-kilometer Groundhog Day Run claiming the fastest times and taking first place in the female seniors category (Gail Gilderoy); first, second and third in the male seniors category (1st Sgt. Jurgen Williams, Sgt. 1st Class Siupapa Mapu and Staff Sgt. Ronald Dennis, respectively); and first in the female open category (Jessica Winter).

"It's a neat group," said Winter, a transportation assistant with the 104th Area Support Group's Directorate of Logistics. "We can lean on each other at work and outside."

"We push each other," said Gilderoy, a budget technician with the 104th ASG's Non-Appropriated Funds section. "It's nice to have people out there who have the same heart and soul. We have a good time and get together outside of running as well. ... We're committed. We make it a point to make every race."

"It helps you free your mind – self-actualization," said Winter, who, like her fellow Laufen Crew member Staff Sgt. Ronald Den-



Photo by Karl Weisel

Jurgen Williams nears the finish line in first place at the Giessen Groundhog Day Five-Kilometer Run.

nis of the 104th ASG's Directorate of Public Works, resumed running after suffering an injury. "It's an outlet – a way of dealing with the stress from work."

After finishing a marathon in Cologne, Winter said she felt elated. "It's the best feeling ever. It's a natural high."

Running is almost a way of life for Williams, first sergeant of the 104th ASG's Headquarters and Headquarters Company. "I ran my first marathon on April 28, 2000, in Nashville," said Williams, who grew up playing soccer in Germany before falling in love with running while serving Uncle Sam in Germany, the Balkans and on other assignments around the globe. "My wife thought I'd never do another one because I was in such pain. I got to the 18-mile mark and felt like stopping and spitting up. My time was four hours and 53 minutes."

Since then Williams has run numerous races, including four marathons. He ran the Berlin Marathon last year in a time of 3:51. "If I don't win, it's not a big issue, because I've got a couple goals," he said, explaining that he enjoys logging miles in the Army's Run For Your Life Program (he's racked up more than 7,000) and training for the long-distance races. "I'm trying to get at least 10 marathons under my belt. If I can get my time down to three-and-a-half hours I want to run the Boston Marathon."

"It's fun – it keeps me in shape and it's going to benefit me in the long run," Williams said. "Now I've got my daughter doing it as well. She plays soccer, runs, does

ballet and kung fu."

Besides the support of their fellow athletes in the Laufen Crew, the runners said taking part in races is a great way to make new friends. "It's a good way to meet other people," said Gilderoy.

"Before every marathon, like in Berlin, they have a short run the day before to let everyone get loose and get to know one another," said Williams. "When you run marathons you get to meet some of those people you see on TV. After 9-11 (the terrorist attacks on the United States in 2001) there were a lot of people in Berlin who came over from New York – police, firefighters. You meet a lot of people who have things in common, people from around the world."

As the Laufen Crew gears up for a half-marathon in Berlin in April and a full marathon in Prague in May (two of the members will run a 10-K race held in conjunction with the marathon), they continue to encourage one another while burning up the miles in the nearby countryside and during spin classes at Cardwell Fitness Center.

"It's good to join a group, to have a coach when running," said Williams who will be heading back to Fort Carson, Colo., this summer. "If you are just starting out they can teach you a lot about what shoes to wear, what you may be doing wrong when running and what to concentrate on. ... You can easily get hurt if you aren't sure about what to do."

Williams, who mixes a regular regimen of running, cycling and spin classes, said anyone interested in the sport should start out slowly and then gradually increase his or her distance and speed. "To me it seems the older you get, the more you run distance races. You don't have the legs to run sprints anymore. ... You have to have the will to run a marathon. Your mind has to be focused on where you are going. It's a mental thing – keeping your spirits up. You have to have that mental capacity and the strength to keep going."

That's why it's so important to be in good physical and mental shape, he said. "There is risk involved in everything you do. Your knees can go out, you can suffer ankle sprains, dehydration. ... I don't run everyday – that's really going to tear you down – especially the knees."

The Laufen Crew said they welcome new members, but anyone interested in joining must be dedicated and in fairly good shape. "We're committed," said Gilderoy. We train regularly, both together and on our own. If people wish to join us we want their heart and soul to be in it." For information on the Laufen Crew call 1st Sgt. Jurgen Williams at mil 322-1450 or Gail Gilderoy at mil 322-9002. For more tips on running and information about upcoming races stop by your local fitness center.

Sports shorts

Civilian Fitness signup

Civilian employees in the 221st, 284th and 414th Base Support Battalions can enroll in the Civilian Fitness Program in March. The program allows Department of the Army full-time employees the chance to exercise during duty hours for up to three hours a week for six months. Enrollment packets and instructions can be downloaded on the 104th Area Support Group website at www.104thasg.hanau.army.mil/Fit/Program.htm. Fitness assessments will be conducted at Wiesbaden's Tony Bass Fitness Center March 4 from 1-4 p.m. and March 5 from 8:30-11:30 a.m.; at the Friedberg Fitness Center March 11 from 9 a.m. to 1 p.m. and 1-3 p.m.; at Giessen's Miller Hall Fitness Center March 12 from 9 a.m. to 1 p.m. and 1-3 p.m.; and at Hanau's Pioneer Fitness Center March 18 from 8:30 a.m. to noon and March 19 from 1-4 p.m. Call the fitness center or Lori Pineda, Heath Promotions coordinator, at mil 322-9509, civ (06181) 88-9509 for more information or to schedule a time for the assessment.

Free fitness workshops

Friedberg's Ray Barracks Fitness Center hosts a free aerobathon March 8 from 10 a.m. to 2 p.m. Join in on three-and-a-half hours of aerobics followed by a three-kilometer run.

Get your blood pressure checked and learn more about various fitness activities such as aerobics, cardio-kickboxing and abdominal workouts. The event will also feature door prizes and refreshments. Call mil 324-3155.

Wiesbaden's Tony Bass Fitness Center holds a Healthy Eating/Maintaining the Balance Workshop March 8 from 10 a.m. to noon in observance of National Nutrition Month. The free event will feature a TurboKick demonstration, a nutrition information table and basic nutritional guidance from a certified personal trainer. Call mil 337-5541 for details.

Youth sports signup

The 414 Base Support Battalion Youth Service Sports is now registering youths for the upcoming baseball/softball season. Registration continues through March 31. All participants must have a valid health assessment by June 21. Health assessment and registration forms are available at the CLEOS Office in Building 20 on Pioneer Kaserne. Practice starts April 14. Call mil 322-9144 for more information.

Galaxy tickets available

Tickets are already on sale for the upcoming National Football League-Europe season. While local USO offices will offer tickets as game days draw nearer, fans can also purchase tickets in advance directly from the Frankfurt Galaxy Ticket Hotline at civ (0180) 526 6216 or through the Galaxy website at www.frankfurt-galaxy.de. The Galaxy play home games at the Frankfurt Stadion against Barcelona April 5, versus Berlin April 19, Scotland May 10, Amsterdam May 17 and Düsseldorf June 1.



Photo by Zoe Weisel

Jessica Winter claims the fastest female time at the Giessen Five-Kilometer Run Feb. 1.